

# BOOK REVIEWS

**ALLERGY.** By Erich Urbach, M.D., Chief of Allergy Department, Jewish Hospital, Philadelphia; Associate in Dermatology, University of Pennsylvania School of Medicine; Member, Board of Regents, American College of Allergists, and Philip M. Gottlieb, M.D., Associate in Allergy Department, Jewish Hospital, Philadelphia; Instructor in Medicine, University of Pennsylvania School of Medicine; Fellow, American College of Allergists. New Second Edition. Illustrated. Grune & Stratton, New York, 1946. Price \$12.00.

The publication of a Revised Edition of Urbach and Gottlieb's Allergy is an event of great importance in the field of Allergic Diseases. Whereas many text books on allergy have been published in the past decade, none presents the subject in such a comprehensive, scholarly and practical manner. The First Edition, which appeared in 1943, has been thoroughly revised. Many new sections have been added and much of the old material brought up-to-date. Considerable research in this field has been done during the past three years, which has added to our understanding of the laboratory and clinical problems in allergic diseases. This is reflected in the 1,300 new Bibliographic references and in the elimination of obsolete material. The new subjects, to mention only a few include a discussion of the RH factor, Allergic Bronchitis, Allergic cough, Psychosomatic Aspects of Allergy, a clear presentation of Drug Allergy and some of the newer antihistamine drugs such as Benadryl. Despite this additional subject matter the number of pages of text has been increased very little. This has been accomplished by resetting the entire book in two column format.

Doctors Urbach and Gottlieb's Allergy is an excellent, practical presentation of all phases of Allergy. It will serve as a useful guide to the Allergist and the Internist devoting much of his time to Allergic diseases. Although the general practitioner may find the scientific background of Allergic phenomena difficult to understand and the newer terminology a little confusing, the clear clinical description of the common allergic manifestations, the vivid photographs and the useful data in the Appendix should help him in the study and treatment of the allergic patient.

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**THE CHALLENGE OF POLIO.** By Roland H. Berg with an introduction by Basil O'Connor, President, The National Foundation for Infantile Paralysis, Inc. Copyright 1946. 208 pages. The Dial Press, New York. Price \$2.50.

This deals with the story of man's fight against polio. Mr. Berg has given an accurate account of what has happened in this fight from 1784 when the disease was first recognized down to the present time. He has dealt fairly with most of the incidents that have made headlines in the past. In words that the layman can understand he has attempted to give each incident its proper stature. Warm springs and warm pool therapy—vaccination and immune serum—Sister Kenny and all the rest are discussed.

Basil O'Connor, President of the National Foundation for Infantile Paralysis, Incorporated, in his introduction states that many persons thought it "impossible to select judiciously and interpret properly what has happened in the laboratories of the nation which are devoted to piercing the mystery of infantile paralysis." He feels that Mr. Berg in writing this book "has brought to his readers a better understanding of the nature and size of problems which confront our scientists in their monumental task."

Having summed up all that has been done, Mr. Berg points out how little is known of this disease and how

little at present can be done to control it. It is truly a challenge to those who have elected to fight it.

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**HANDBOOK OF DIET THERAPY.** By Dorothea F. Turner, Assistant Professor in the Department of Medicine at the University of Chicago. Copyright 1946. University of Chicago Press. Price \$2.00.

This compilation of diet therapy is written by Dr. Turner for the American Dietetic Association and may be considered in the nature of a semi-official publication of this group. In a forenote it is suggested that the reader clear his files of overlapping material and follow the procedures in the ensuing pages. The advisability of such wholesale discard of past literature is open to question, but this booklet is certainly the most concise exposition of diet therapy the reviewer has seen. The essential information of dietary study is brought up to 1946. More tables, more material for reference than one would think likely in such a small book are included.

The normal diet is regarded as a general pattern, rather than an exact outline of foods. This pattern is slightly modified for certain conditions of life, such as pregnancy, lactation and childhood. Therapeutic diets are approached logically as various modifications of the normal pattern which are necessary for certain definite reasons and which still assume the basic requisites of the normal diet as the starting point of each of the variations. The adaptation may be in physical consistency (liquid, soft and low-fiber diets), in the variation of some type of food stuff (high and low protein, fat and carbohydrate diets, low purine and low cholesterol diets). The common-sense presentation of the therapeutic diet as a modification which should preserve the requisite food essentials in adequate or, in some instances, in increased amount is preserved through most of the book.

The effort to make the book as concise as possible has caused it to suffer at times from a lack of clarity as the result of compression. The shortened method of calculation should have a longer exposition. The terminology is not always in accord with that considered standard in medical circles; for instance, nicotinic acid and nicotinamide are preferred to niacin and niacinamide (which are called "popular."). There are some references to the glossary which appear unrevealing and unnecessary. The glossary is definitely incomplete. The diet lists can be simplified even further than they are and related more closely to one another. However, these are comparatively minor criticisms of an essentially sound and well written book which can be corrected as future editions appear. It is recommended for reading and reference to the medical practitioner and student as well as to the dietician for whom it is primarily planned.

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**CLINICAL METHODS OF NEURO-OPHTHALMOLOGIC EXAMINATION.** By Alfred Kestenbaum, M.D., Assistant Clinical Professor of Ophthalmology, New York University; Lecturer in Ophthalmology, Mt. Sinai Hospital; Associate Ophthalmologist, City Hospital; Consultant Ophthalmologist, Psychiatric Department, Bellevue Hospital, and Neurologic Department, Goldwater Memorial Hospital. Copyright 1946. Grune & Stratton, New York. Price \$6.75.

The book is based on lectures delivered to ophthalmologists and neurologists and is intended to present the clinical methods of ophthalmological examination that may be useful in neurological differential diagnosis.

The following subjects are discussed: anatomy of the